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LAKE BELL TAKES ON THE VOICE-OVER INDUSTRY'S GLASS CEILING IN HER NEW FILM, IN A WORLD PAGE 10

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A crowd of 8,000 screaming mostly teen and preteen fans loved Selena Gomez like a love song Monday night at the MTS Centre. The 21-year-old multi-platinum singer and actress stopped in the city as part of her Stars Dance Tour 2013.

SHANE GIBSON/METRO

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Bob Taylor. Wildlife photographer mourned

Bob Taylor, receiving his Order of the Buffalo Hunt this month.
CONTRIBUTED

He brought Manitobans closer to the wildlife in the far corners of their province — a life's work that will surely stand the test of time.

Friends, family and the visual-arts community are mourning the loss of prolific wildlife photographer Bob (Robert) Taylor, who died of cancer last Thursday at St. Boniface Hospital at the age of 73.

Taylor snapped polar bears, great grey owls and bison and was the author of several well-known books, among them Manitoba: Seasons of Beauty. On Aug. 7, he was inducted into the Order of the Buffalo Hunt by Premier Greg Selinger.

"For over half a century, Robert Taylor has made us aware of the stunning natural beauty that is literally at our doorstep in this province and of our northern giant, the majestic polar bear," Selinger said in a release. "All of us owe Robert a sincere thank you for his lifetime of accomplishments."

In an email to Metro, Shirley Muir said Taylor died "amongst close friends and his devoted partner Jennifer LaBella." METRO

Refunds on the way. Chris Brown concerts shut down

Four summer concerts in Canada featuring Chris Brown have been cancelled, the promoter behind the events said Monday.

Brown was scheduled to perform in Winnipeg, Toronto, Halifax and Saint John, N.B., starting on Aug. 29, but the owner of Drop Entertainment Group said the series was scrapped because it couldn't proceed without a headliner.

"It was an ongoing consultation and conversation with Chris Brown and his management team," Stephen Tobin said. "We came to a mutual understanding and decision to simply cancel all four scheduled performances."

Nicole Perna, Brown's publicist, said the decision to cancel his concerts wasn't due to personal or health problems, but she would not specify what prompted the cancellations.

Winnipeg's True North Sports & Entertainment said tickets will be refunded starting on Thursday at the point of purchase.

THE CANADIAN PRESS, WITH FILES FROM METRO

'Go Anywhere' fest a success

Leonardo Argel and Tamara Vargas perform an Easter Island dance on Friday at the Chilean Pavilion during Folklorama, which wrapped up on Saturday. The 44th edition of the popular cultural festival saw an estimated 416,600 visits to pavilions. BERNICE PONTANILLA/METRO

Winnipeg police poised to join Twitterverse

Tentative first steps. Plan revealed at police chiefs' annual conference

SHANE GIBSON
shane.gibson@metronews.ca

As police brass from across Canada meet in Winnipeg this week for the annual conference of the Canadian Association of Chiefs of Police (CACP), Monday's topic — social media and policing — had city cops talking about their own limited online presence. And about what changes are coming.

"We are just about there … but there are some challenges with social media," said Insp. Rick Lange, who oversees media relations for the WPS, and told reporters the force will have a Twitter account up and running within a year. "It's a very complex issue, and we're learning from other police agencies across Canada.

"That's one of the benefits of these kinds of conferences."

The Vancouver Police Department — whose chief constable, Jim Chu, is in town as CACP president — has been using Twitter for more than a year for everything from announcing road closures and promoting charity events to asking for help tracking down suspects.

Police Chief Devon Clunis says the city force will be tweeting 'Peggers within a year. SHANE GIBSON/METRO

"There's lots of people who want to follow us and hear those stories about what the officers are doing, especially in their neighbourhoods," Chu said of the VPD's Twitter account, which has picked up more than 36,000 followers since going live last March.

Lange said the biggest hurdle for the WPS has been finding the resources to constantly monitor the feed.

"We don't want information to be stale-dated out there," he said, noting the force's foray into social media has started "humbly" with a YouTube channel, and will grow to include Twitter once communication officers are trained.

"We want to be able to monitor the information to ensure we can act should there be something we need to act on quickly."

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'Justice' served but fight will continue, swears Yatim family

T.O. streetcar killing. Scrutiny turns to other officers following the laying of murder charge

JESSICA SMITH
Metro in Toronto

When Sammy Yatim's family learned the officer who shot him on an empty Toronto streetcar last month was being charged with second-degree murder, they celebrated "justice" having been served, and quickly turned their attention to the officers who witnessed the shooting.

On Monday morning, shortly after Ontario's Special Investigations Unit (SIU) announced it was laying charges against Const. James Forcillo, Sammy's sister Sarah tweeted: "Good morning JUSTICE."

Later, Yatim's family released a statement saying they were relieved by the charges and called for further investigation into "the supervising police officer(s) and the other officers in attendance for their lack of intervention."

On July 27, Yatim, 18, was shot multiple times and Tasered after he appeared to have brandished a knife and exposed himself as passengers fled from the streetcar.

The SIU investigated only Forcillo and did not lay charges against any other officer, including a sergeant who appears on video to have Tasered Yatim after he'd already been shot and fallen to the floor.

That's enough evidence for police to support an assault charge themselves, according to lawyer Peter Rosenthal, who has represented the families of a number of people who've been killed by police.

Rosenthal would also like to see consequences for the officers who didn't appear to use any de-escalation techniques.

"In my view, it's up to the police chief to discipline the police officers who don't follow the de-escalation training they're given, whether or not they're guilty of criminal charges," he said.

James Forcillo is the seventh on-duty Toronto police officer to be charged by the SIU with manslaughter or murder since its inception in 1990. CONTRIBUTED

Not enough Tasers?

- Ontario policy states only sergeants — not all frontline officers — should carry Tasers.
- According to Police Chief Bill Blair, allowing officers to be armed with Tasers may be one of the recommendations contained in the review he has requested from retired associate chief justice Dennis O'Connor.

Follow along on Twitter

Watch @jessiecatherine on Tuesday morning for live updates from Const. James Forcillo's first court appearance.

Woman cried out before Pistorius fired: Prosecutors

A woman screamed and then there was silence, according to South African prosecutors pressing a premeditated murder case against Oscar Pistorius.

Next, the indictment says, witnesses heard gunshots and more screaming at the home of the Paralympic champion, who says he shot his girlfriend by mistake.

The sequence of events outlined Monday could bolster an argument that the double-amputee Olympian was intent on killing Reeva Steenkamp after an altercation and was not reacting fearfully to what he thought was an intrusion in his home. Prosecutors revealed a list of more than 100 witnesses, some of whom live in the community where she was killed.

The athlete will face an additional charge of illegal possession of ammunition when his blockbuster trial starts on March 3 in a court in the South African capital, Pretoria.

Prosecutors also said in the indictment papers that Pistorius shot "with the intention to kill a person," and even if his story is found to be true, he was still guilty of murder.

THE ASSOCIATED PRESS

Oscar Pistorius cries as he prays with his sister Aimee and brother Carl in the magistrate's court in Pretoria, South Africa, on Monday. THE ASSOCIATED PRESS

Autism

Cops probe letter telling woman to euthanize teen

An Ontario woman whose autistic grandson was the target of a hateful letter is describing the words as sickening.

Brenda Millson says she received a letter on Friday that tells her family to "go live in a trailer in the woods" and even suggests her 13-year-old grandson be euthanized.

She says the hate-filled letter left everyone in shock but the family hopes the case will raise awareness of the support needed by autistic children. Durham regional police say they have been investigating since Friday.

THE CANADIAN PRESS

Egypt. Officials may free jailed former president as violence continues

A court ruling Monday raised the possibility of jailed ex-president Hosni Mubarak walking free soon, a move that would fuel the unrest roiling the country after the autocratic leader's successor was removed in a military coup.

Underscoring the growing anger over Mohammed Morsi's ouster, suspected Islamic militants ambushed two minibuses carrying off-duty policemen in Egypt's Sinai Peninsula, forcing the men to lie on the sand and shooting 25 of them dead.

"They were marked in advance by the attackers," said Ashraf Abdullah, who heads the police branch the victims belonged to. He said the assailants checked the IDs of the men, who were not in uniform, to ensure they were policemen before opening fire.

The brazen daylight attack raised fears that the strategic desert region bordering Israel and the Gaza Strip could be plunged into a full-fledged insurgency.

The 25 slain police officers were given a funeral with full military honours.

THE ASSOCIATED PRESS

Ex-Egyptian president Hosni Mubarak
THE ASSOCIATED PRESS

Muslim Brotherhood

In a separate development early on Tuesday, police detained the supreme leader of the Muslim Brotherhood, the Islamist group from which Morsi hails, according to security officials and state television. They said Mohammed Badie was captured in an apartment in the eastern Cairo district of Nasr City.

'Against the coup'

A woman holds up a picture of Egypt's ousted president Mohammed Morsi, reading in Italian "Against the coup," during a demonstration in Rome Monday. A Human Rights Watch report accused Egyptian security forces of using excessive force when they moved last week to clear the larger of two sit-in protest camps. RICCARDO DE LUCA/THE ASSOCIATED PRESS

Driver beaten by angry mob. Train runs over pilgrims in India, killing dozens

A train ran over a group of Hindu pilgrims at a crowded station in eastern India early Monday, killing at least 37 people. A mob infuriated by the deaths beat the driver severely and set fire to coaches, officials said.

Several hours after the accident, flames and dark smoke could be seen billowing out of the train coaches, as protesters blocked firefighters from the station in Dhamara Ghat, a small town in Bihar state, officials said.

Dinesh Chandra Yadav, a local member of parliament, said the pilgrims were crossing the tracks in the packed, chaotic station when they were struck by the Rajya Rani Express train. Several other people were injured.

THE ASSOCIATED PRESS

Quoted

"The driver did not slow down when the train approached the station."

Kumar Ashutosh, a passenger on the train, who said it was difficult for the driver to stop as the train was going at a rapid speed when he realized there were people on the track.

Coaches of the Rajya Rani Express train burn after a mob set it on fire at a station in India on Monday. THE ASSOCIATED PRESS

‘Fat letters’: Helping fight obesity, or shaming kids?

BMI testing. Some say it’s an important tool to combat an epidemic, others say it’s ‘a terrible idea’

Letters sent home with overweight children are called “fat letters” by some critics, who say they shame kids about their weight and increase bullying.
RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

They’ve been called “fat letters” and critics say they increase bullying and shame kids for their body weight.

But a paper published Monday by the American Academy of Pediatrics argues that weighing and measuring the height of schoolchildren and sending letters home with overweight kids is important for combating the obesity epidemic.

This kind of screening has been going on in parts of the U.S. for more than a decade, and despite the objections, has led to positive lifestyle changes for many of the children identified as obese, the paper argues.

“Obesity is an epidemic in (the U.S.), and one that is compromising the health and life expectancy of our children. We must embrace any way possible to raise awareness of these concerns and to bring down the stigmas associated with obesity so that our children may grow to lead healthy adult lives,” the author, Dr. Michael R. Flaherty, told Torstar News Service.

Not enough study has been done to conclusively state whether body mass index (BMI) testing or letters sent home are producing any behavioural change, Flaherty writes, though limited studies in Arkansas, the first state to implement school testing, show markedly positive outcomes.

Critics of BMI testing, which has now been implemented in 21 U.S. states, however, say the letters amount to “fat shaming” and encourage bullying, while not providing any proven solutions to parents.

“It’s a terrible idea,” said Dr. Yoni Freedhoff, founder and medical director of the Bariatric Medical Institute in Ottawa.

“There are no known, reproducible, sustainable protocols for parents to follow once these children are singled out,” he said. **TORSTAR NEWS SERVICE**

By the numbers

30

Canada, where 30 per cent of children are overweight or obese, is not far behind the U.S., where that number is 32 per cent.

Newspaper report. Iranian school students to learn drone-hunting

Iran’s powerful Revolutionary Guards paramilitary units plan to teach drone-hunting to school students, an Iranian newspaper reported Monday.

The report by pro-reform Etemad daily quoted Gen. Ali Fazli as saying the new program will be taught as part of a “defensive readiness” lesson in high schools.

He did not elaborate, but the plan suggests students would be taught how to track and bring down drone aircraft by hacking their computer systems.

Iranian hardliners have long sought a larger role for the military in the country’s education system. Students at both junior and senior high schools currently take courses focusing on “civil defence.” **THE ASSOCIATED PRESS**

Ottawa

PM to prorogue Parliament until October

Prime Minister Stephen Harper says he intends to ask the Governor General to prorogue Parliament, which means the House of Commons likely won’t resume in September as originally scheduled.

Harper, who is currently on a weeklong swing through northern Canada, says the government plans to deliver a throne speech in October after the Thanksgiving weekend, kicking off a new parliamentary session.

Most of the promises the Conservatives made in the last election have been fulfilled, and so the time has come for a new agenda, Harper told a news conference Monday in Whitehorse. **THE CANADIAN PRESS**

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Mexican children returned to classrooms Monday, and they were getting a quick lesson: School kids aren't the only ones who make mistakes. IVAN PIERRE AGUIRRE/THE ASSOCIATED PRESS

Mexican kids' textbooks found riddled with errors

Learning the hard way. Teachers given a list of at least 117 mistakes to manually correct

As Mexican children trooped back to school on Monday, they had already learned one lesson: You can't believe everything you read in your textbook.

Their new government-provided textbooks are riddled with errors: Misspellings, bad grammar and punctuation — and at least one city located in the wrong state.

The foul-up is an embarrassment for a government that is trying to overhaul its much-criticized school system. Officials promised to give teachers a list of the errors so they can try to manually correct at least 117 mistakes. The Education Department acknowledged it found them only after 235 million elementary textbooks were being printed.

Education Secretary Emilio Chuayffet has called the errors "unforgivable" but says he was faced with choosing between stopping the printing and making sure the country's children had textbooks at the start of classes. THE ASSOCIATED PRESS

NSA leak. Journalist says U.K. will 'regret' detaining partner for hours at airport

An American journalist who has written stories based on documents leaked by former National Security Agency contractor Edward Snowden said Monday he'll publish with more fervour after British authorities detained his partner.

London police detained David Miranda, who is in a civil union with reporter Glenn Greenwald, under anti-terror legislation at Heathrow Airport in London Sunday. Miranda arrived Monday in Rio de Janeiro, where he lives with Greenwald.

A defiant Greenwald promised he was going "to write much more aggressively than before" about government snooping.

"I'm going to publish many more things about England, as well," he said in Portuguese at Rio's international airport when Miranda arrived. "I have many documents about England's espionage system, and now my focus will be there, too. I think they'll regret what they've done." THE ASSOCIATED PRESS

Journalist Glenn Greenwald, right, is seen with his partner David Miranda, who was detained for nearly nine hours Sunday under anti-terror legislation at Heathrow Airport in London. JANINE GIBSON/THE GUARDIAN/THE ASSOCIATED PRESS

Hostages freed

German police storm city hall to end standoff

Police ended a hostage standoff at a city hall in southern Germany on Monday by storming the building, shooting and wounding the captor, and freeing his two captives unharmed.

The crisis in the city of Ingolstadt prompted Chancellor Angela Merkel to cancel an election rally she had planned there.

Officials said the 24-year-old kidnapper had previously been banned from entering city hall because he was stalking one of its female employees. The 25-year-old woman was one of the people he was holding hostage.

The kidnapper, whose identity was not released, "was shot in his shoulder and legs" and rushed to a hospital, police spokesman Guenther Beck said.

Two other people the captor had taken hostage were freed from the building earlier in the day, police said. THE ASSOCIATED PRESS

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Al Jazeera aims to shake up U.S. broadcast news

New York. As network launches in America, it promises to offer more journalism — and less yelling — than rivals

KIERON MONKS
Metro World News

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's Tuesday launch into more than 40 million homes could potentially transform the country's media landscape.

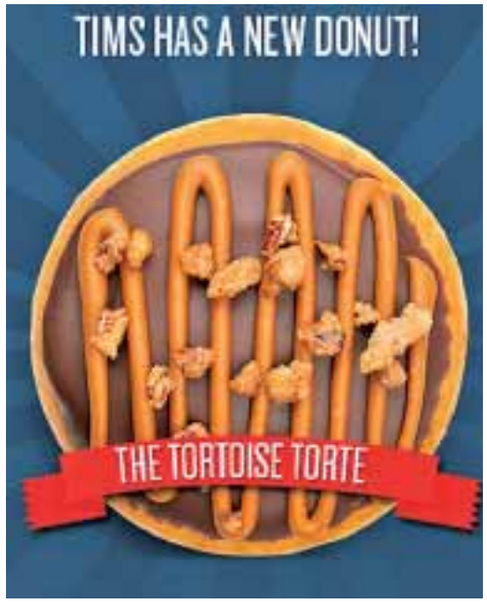
"U.S. news is driven by a different mandate — to reach the widest audience with the shallowest coverage," Joie Chen, former CNN and CBS news anchor, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.

Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America. COURTESY AL JAZEERA AMERICA

"It's very different here. We are doing in-depth investigations that treat journalism with idealism, and we are telling stories that have been ignored," says Chen, explaining why she joined the broadcaster.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised less opinion, less yelling and fewer celebrity sightings. Bureaus are to be established in unglamorous locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves. A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from Osama bin Laden.



Tortoise wins the race

A dreamed-up doughnut that combines chocolate, caramel and pecans has earned its inventor $10,000 and the knowledge he beat out 63,000 entries in a Tim Hortons contest. Toronto's Andrew Shepherd was crowned the winner of the Duelling Donuts competition on Monday for his creation the Tortoise Torte, which won against the runner-up doughnut Oreo Borealis. "I was ecstatic," Shepherd said. "It's kind of surreal." SCREENGRAB/TIMHORTONS.COM

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metro

Facebook. Programmer hacks Zuckerberg's page to prove point about bug

After discovering a privacy bug on Facebook, unemployed Palestinian programmer Khalil Shreateh said he just wanted to collect the $500 US bounty the social network offers to those who voluntarily expose its glitches.

But when Facebook ignored his first two reports, Shreateh took his message to the top — and hacked into CEO Mark Zuckerberg's personal page to prove his point.

"Sorry for breaking your privacy," he wrote the Facebook founder. "I had no other choice to make after all the reports I sent to Facebook team.... As you can see I am not in your friend list and yet I can post to your timeline."

The stunt cost the 30-year-old Palestinian the bounty, but earned him praise — and numerous job offers from all over the world — for being able to get to the boss of the world's most ubiquitous social network.

Shreateh, who lives near the West Bank city of Hebron and has been unable to find a job since graduating two years ago with a degree in information technology, told Facebook that he found a way that allowed anyone to post on anyone else's wall. "I told them that you have a vulnerability and you need to close it," he said. "I wasn't looking to be famous. I just wanted to make a point to Mark (Zuckerberg)."

Quoted

"I told them that you have a vulnerability and you need to close it. I wasn't looking to be famous. I just wanted to make a point to Mark (Zuckerberg)."
Programmer Khalil Shreateh

In a message posted to the Hacker News, a user-driven security news site, Facebook software engineer Matthew Jones said the initial report was poorly worded, although he acknowledged the company should have pressed for more details.

Shreateh said he was initially disappointed by the Facebook response, but that after being inundated by job offers he is pleased with how things worked out. THE ASSOCIATED PRESS

Seattle

Support for $15 US minimum wage gains traction

Washington already has America's highest state minimum wage at $9.19 US an hour. Now, there's a push in Seattle, at least, to make it $15.

That would mean fast-food workers, retail clerks, baristas and other minimum-wage workers would get what protesters demanded when they shut down a handful of city restaurants in May and others called for when they demonstrated nationwide in July. Seattle city council and mayoral candidates have said they'd consider it. THE ASSOCIATED PRESS

Connecticut

If your cable goes out, don't call 911

When a cable-television outage hit Connecticut shoreline communities during prime time Sunday night, viewers jumped to action. Some reached out to their state senator. Others called police. One even called 911. The calls prompted a warning from local police that 911 should be used for life-threatening emergencies only. THE ASSOCIATED PRESS

Tech trends

New Galaxy Mega is not a phone — it's a phablet

Smartphones are getting bigger as people use them to watch movies and play games, and a new one from Samsung is beyond big. With a screen measuring 6.3 inches diagonally, the Galaxy Mega is almost as big as a seven-inch tablet. Phones of this size are usually referred to as phablets. THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.69¢ (-0.03¢)

TSX 12,588.02 (-148.90)

OIL $107.10 US (-36¢)

GOLD $1,365.70 US (-$5.30)

Natural gas: $3.45 (+8¢)
Dow Jones: 15,010.74 (-70.73)

YOUR SUBTLE TWEET SOUNDS SNARKY

SHE SAYS

Jessica Napier
metronews.ca

In the seven years since its inception, Twitter has evolved into a multi-purpose communication tool used to break news, start revolutions and bring people together with a simple hashtag. The social-networking site has an immense potential for social change and positivity. Unfortunately it also has a tendency to feel a lot like high school sometimes. There's perhaps no better example of this than the not-so-subtle sub-tweet.

Sub or "subliminal" tweeting is the act of posting tweets that are obviously about someone but not mentioning a specific individual's name or handle. The nuanced construction of the sub-tweet allows social-media users to call out other people in an anonymous and yet very public kind of fashion. Sadly, sub-tweets on the sweet side are few and far between; most are hostile and presumably typed with a middle finger.

For example, Miley Cyrus has been the target of plenty of online criticism lately thanks to the rather distasteful cultural appropriation she's been demonstrating as part of her latest image makeover. Last week she lashed out against one particular critic with this antagonistic sub-tweet: "I know what color my skin is. You can stop with the friendly reminders bitch."

A quick Google search will catch you up on her ongoing Twitter feud with rapper Azealia Banks (though you'll never get those five minutes of your life back) and help illustrate the concept of sub-tweeting. If you're still confused, try browsing through content tagged with #subtweet and you'll find an endless supply of snarky examples.

This passive-aggressive trash talking is popular among angst-filled teenagers and duelling celebrities, and watching these quarrels unfold in 140-character increments can be a guilty pleasure for those of us standing on the digital sidelines. The air of mystery contained in each sub-tweet appeals to gossip-hounds who love drama.

But while broadcasting a backhanded "you know what you did" memo across the Internet is a lot easier than the direct approach, using social media as a platform to engage in personal disputes reeks of cowardice and immaturity. Unlike open and honest communication, this non-confrontational form of confrontation does nothing to resolve issues or right wrongs.

Cheeky pot-stirring is one thing, but if you're actually looking to address real personal issues, then sub-tweeting is never the answer.

Conflict resolution is best done offline and in private, rather than bullying each other from behind the veil of our online avatars.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hands up! You are under the influence

COURTESY SEATTLE PD

Cops crack down on the munchies

The boys in blue took a break from busting heads at Seattle's Hempfest last weekend to hand out crispy snacks at the iconic Marijuana celebration — albeit with a request to not drive high — taking advantage of the recent legalization. Sgt. Sean Whitcomb explained his mixed-up day. **METRO**

Q and A

Operation Orange Fingers

Did people think this was an undercover sting?
Not many. This festival is not new and we've been around for 20 years. What's new is the change in law and our department is pioneering new and creative ways to reach festival-goers, and we'll keep looking for new ways.

Were you pleased to be able to connect with a previously off-limits section of society?
The idea to find creative ways to reach out has been around a while, and thus was born Operation Orange Fingers.

Will you be able to use this as a model to catch major crooks — like handing out snacks at a fictitious "crack festival"?
You have defined undercover police work.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Podcasts have been a limitless boon for catching up on the news, eavesdropping on intelligent debates or even learning a new skill. But sometimes you just want the yuks. Add these three to your iTunes subscriptions for a steady supply of laughs.

My Brother, My Brother and Me:

When they're not busy indulging in far-afield tangents, the brothers McElroy dispense tongue-in-cheek "advice" to the baffled and confused seeking solutions to their frequently high-concept woes.

How Was Your Week:

The mighty Julie Klausner has a knack for making witty conversation seem effortless. Factor in her consistently excellent lineup of equally breezy guests and before you know it, an hour has slipped by.

The Bugle :

John Oliver just wrapped up a summer ably filling Jon Stewart's chair on The Daily Show, during which time many of us became quite accustomed to his version of mocking the world's news. Thankfully, you can avoid any withdrawal symptoms with a weekly dose of Oliver and Andy Zaltzman drolly riffing on world events.

Twitter

@metropicks asked: Toronto schools will measure students' BMI. How do you think this will affect childhood obesity?

@ThatDonnaGirl: 6 y.os will get fat letters and the American Academy of Pediatrics will wonder why 7 y.os have eating disorders

@Canucklehead_ca: Will just give kids another test to worry about failing. #BMIisTMI

@shopwithandrea: Toronto schools will start weighing students. This will just add to child insecurities. Not sure schools should do this.

@Cavemanbiff: Good nutrition, & fit bodies begin at home, under the guidance of parents.

@RunSoulCycle: Not as much as it will affect their self esteem & development of self concept - schools need 2B emotionally safe & inclusive.

@Zaedum: I think schools should just skip right to making activity and standing and stretching mandatory to learning. Not sitting all day

@HamiltonMetals: A lot of kids going to be off sick that day...

@StephMacHorn: Health Class should teach how to calculate BMI & discuss implications, but centring kids out even more won't help.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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DVD reviews

Amour

Director. Michael Haneke

Stars. Jean-Louis Trintignant, Emmanuelle Riva, Isabelle Huppert

●●●●●

Michael Haneke's dramatic two-hander, the Palme d'Or winner at Cannes 2012, is a quietly devastating illustration of how tough the "for better or worse" marriage pact can be when "or worse" occurs. An elderly couple (veteran French actors Jean-Louis Trintignant and Emmanuelle Riva) are put to the test when the wife suffers one stroke and then another, robbing her first of speech and then mobility. Together they must find a way to endure as the end approaches. It's one of the simplest and arguably the most passionate films of Haneke's incredible career.

PETER HOWELL

Emperor

Director. Peter Webber

Stars. Matthew Fox, Tommy Lee Jones

●●●○○

Peter Webber accurately depicts Japan's physical and spiritual devastation in the wake of the Second World War's twin nuclear assaults, the firebombing of Tokyo and the nation's subsequent surrender to Allied forces. But the film falls prey to the temptations endemic to historical docudrama: the desire to pack a miniseries' worth of events into one feature-length film.

PETER HOWELL

Lake Bell wrote, directed and starred in the film In a World. CONTRIBUTED

Taking the spotlight

In a World. The voice-over industry gets its time to shine in a little film about family and sexism

Film fans everywhere can identify that movie-trailer voice: A booming baritone that entices viewers with cryptic explanations of the latest upcoming epic.

The business behind such voice work is the backdrop of Lake Bell's new film, In A World, of which she is the writer, director and star.

Real voice-over artists — the men and women who've spent years invisibly announcing the latest Taco Bell temptation, the promise of Firestone tires or upcoming Lifetime programs — say it's good to watch their profession being acknowledged on screen, even if the portrayal isn't perfect.

"It was fun to have that be a thing — that voice-over even got mentioned," said actor Steve Staley after seeing the film. "It was great to see our field get screen time in a realistic way," added Staley, who gives voice to cartoon and video-game characters and commercials.

The film, which expands to more theatres on Friday, begins with images of the most famous voice-over artist ever: Don LaFontaine, whose deep recitation of the phrase "in a world" opened countless movie trailers and made him a multimillionaire.

Since the actor's death in 2008, voice-over artists have vied for his crown, both in Bell's film and in real life. In the film, Bell's character aims to break gender boundaries by competing against the big boys to become the first female trailer voice. But to get the job, she'd have to beat out the reigning king: Her dad.

Things really have changed since LaFontaine's death, voice-over artists said, with most movie trailers now opting to go without any announcer at all. The previews that played before a recent Los Angeles showing of In A World... relied on onscreen text and clips of the actors talking rather than the bellowing "voice of God" to describe the picture.

The industry's marginalization of women is real, too.

"Women, in general, don't do trailers," said Martha Mayakis, a voice-over casting director and coach with TalkShop in Los Angeles. "Women do promos for TV shows."

There really are fewer outlets for female voices, echoed Chuck Klausmeyer, a voice-over artist, director and teacher.

"Women don't get as much copy as the men," he said. "Men are requested more than women for voice-overs for sure, partly because of that deep, authoritative voice that exists."

These experts spotted a few unrealistic elements on screen that everyday viewers would overlook.

Bell's character learns about the movie-trailer gig (for an upcoming "quadrilogy" called The Amazon Games) from a recording-studio engineer. In real life, it would be an agent providing that information. In the film, the engineer also serves as the director, but that's not how real voice-over recording sessions go down.

THE ASSOCIATED PRESS

All in the family

Lake Bell's film, which won a screenwriting award at the Sundance Film Festival, is really about a family that happens to do voice-overs. "It gives a little flavour of what the industry is like," says Martha Mayakis, a voice-over casting director. "It's a sweet little movie... not because of the voice-over angle, but the relationships in the family."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Summer of George: Prince William talks papahood

His newborn son is "a little bit of a rascal" and car seats can daunt any dad, Britain's Prince William says.

The second in line to the British throne has described his joy at introducing his son to the world on the steps of a London hospital last month — and about his nerves over fitting the car seat securely into the Land Rover before driving off.

William told CNN in his first interview since Prince George's birth on July 22 that both he and the Duchess of Cambridge couldn't wait to show off their son when they emerged from St. Mary's Hospital to meet the world's media a day later.

"I'm just glad he wasn't screaming his head off the whole way through," he said in an interview broadcast Monday.

William was quizzed on a range of child-rearing topics — from baby toys to diapers and sleep deprivation — and acknowledged that his expert performance sliding his child's car seat into the back of the royal four-wheel drive was a well-drilled exercise.

"Believe me, it wasn't my first time. And I know there's been speculation about that. I had to practice, I really did," he said.

William and his wife's assured, do-it-yourself performance in front of the hospital helped cement the couple's image as the modern face of Britain's monarchy. But William said the decision to take his own baby in hand and drive home in the glare of the international press was a way of establishing his independence.

THE ASSOCIATED PRESS

Pauly D

Hey DJ, play my song, because I'm paying you big bucks

Being a DJ can be a pretty sweet gig, if Forbes magazine's list of the highest paid mixers is any indication. Producer and songwriter Calvin Harris, who has worked with the likes of Rihanna and recently signed a two-year deal with Las Vegas club Hakkasan, tops the list, earning $46 million this year. "The rise of dance music has been astronomical in the last three years," Harris says. "I happened to be in the right place at the right time." Even former Jersey Shore star Pauly D is raking it in, taking home $13 million. Not too shabby.

Jennifer Lopez ALL PHOTOS GETTY IMAGES

Casper the friendly informant: Lopez's love reveals return to Idol

Jennifer Lopez's boyfriend, Casper Smart, might have beat the American Idol bosses to the punch about news that Lopez will be returning as a judge for the reality competition in January. When asked by E! News if she would be back for the upcoming season, Smart gave a simple, "Yes," though no official word has gone out from the network or producers. Sources close to the show say a deal is close to being finalized, but maybe Smart knows something they don't.

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LIFE 3

The sexy back workout

5 easy moves for a strong, sculpted back by Kim Kardashian's trainer Joey Gonzalez, COO at Barry's Bootcamp.

ROMINA McGUINNESS
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Upward row

• Standing on the centre of a resistance band, cross the handles or ends of the band so that the band makes an X in front of you.
• Lift the handles or ends of the band up until they reach the point right under the chin.
• Slowly bring the arms all the way down in a controlled motion.
• Do 30 reps.

Back rows

• In a sitting position, wrap the resistance band around your feet and extend your legs out in front of you. Essentially what you're doing is creating a rowing machine.
• Imagine there's an egg resting on your spine and as you squeeze your shoulders behind you, visualize cracking that egg between your blades.
• Do 30 reps.

Military press

• Standing on the centre of a resistance band, press the handles up over your head, and then come back down to shoulder level in military press position, standing with your arms bent and your hands around about ear level.
• Repeat as many presses as you can in 30 to 60 seconds.

Whale trail

• Lie down on a bench (you want to be on your chest) and hug the front of the bench.
• Using your lower back muscles, lift your legs together at the same time — up and then lower, then down really slowly.
• Do 30 reps.

Side and front raise combination

• Lay down and lift your arms out to the side in a side lateral raise. Now pull your hands together in front and lower your arms down.
• Repeat this for 30 to 60 seconds (do as many as you can) and then move in the opposite direction for 30 seconds.

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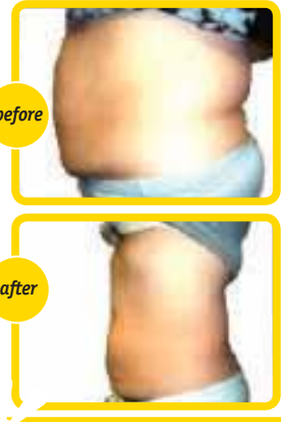

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Heat up the barbecue for a very cherry twist on pork

One thing most of us don't do nearly enough of is grilled fruit. Not only is grilled fruit crazy delicious — thanks to the intense heat caramelizing all the natural sugars — it also pairs perfectly with savoury meats.

Before starting the recipe, compare the size of your cherries to the size of your grill grates. If the cherries are likely to fall through the gaps, use a grill pan over the grates.

1. Cut the tenderloin crosswise into rounds about 1 inch thick. One at a time, set each round between sheets of plastic wrap and use a meat mallet to pound to an even thickness of about 1/4 inch.

2. Transfer the flattened pork cutlets to a large zip-close plastic bag. Add the fish sauce, then shake to coat all of the pork. Squeeze the air from the bag, seal it and set side. This step can be done up to 24 hours ahead.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. When ready to cook, heat the grill to high.

4. In a medium bowl, toss the cherries with 1 tablespoon of the oil until well coated. Carefully pour the cherries onto the grill grates and grill until lightly charred in spots and tender, about 2 to 3 minutes. Use tongs to return the cherries to the bowl. Set aside to cool slightly. Leave the grill on.

5. Once the cherries have cooled, add the onion, garlic, vinegar and cilantro. Mix well, then season with salt and pepper. Set aside.

6. Add the remaining tablespoon of oil to the bag of pork, then shake to coat. Grill the tenderloins for 2 to 3 minutes per side.

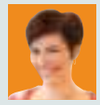
7. Arrange the cutlets on 6 serving plates, then top each with some of the grilled cherry salsa. THE ASSOCIATED PRESS

Ingredients

- 2 lbs pork tenderloins
- 1 1/2 tbsp fish sauce
- 1 1/2 cups fresh cherries, pitted
- 2 tbsp canola or vegetable oil, divided
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 tbsp cider vinegar
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper, to taste

Health Solutions

Everything is just peachy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is not August. It is peach season.

Baskets and baskets of local peaches make their way into my repertoire. They go into everything until I have had my fill, or my mid-September birthday, whichever comes first.

I set my calendar by peach season. It's like the lunar equinox for me. Get the picture? It's pretty peachy.

Here are some ways they make me moon.

- In a gazpacho, they add a golden hue and sweetness. Dunk in boiling water for 15 seconds to remove peel, pull pit and blend in.
- In freezer jam. Don't fuss with gelatin and canning, simply simmer with maple syrup and store in glass jars in the freezer and summer (the verb) all fall.
- Pan fried in butter as a yogurt topping.
- Brushed with butter and grilled as a side dish to fish.
- Slice and freeze wedges on parchment paper on a cookie sheet. Toss into plastic bags once frozen and add to cereal willy nilly ('cause peaches like willy nilly and fuzzy wuzzy).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side. Wild Rice Salad with Apricots and Blueberries

1. In a medium pot, combine the wild rice, a hefty pinch of salt and 6 cups water. Bring to a boil, then reduce to a simmer. Simmer for 35 to 45 minutes, adding water as needed. When the rice is tender, strain through a mesh strainer and spread in an even layer on a rimmed baking sheet to cool. To speed the process, you can set the baking sheet in the refrigerator.

2. Once the rice has cooled, in a medium bowl, whisk together the olive oil, vinegar, honey, mustard, chives, tarragon, thyme and a pinch each of salt and pepper. Stir in the wild rice, apricots and blueberries. Season with additional salt and black pepper as needed. THE ASSOCIATED PRESS

Ingredients

- 1 cup wild rice
- Kosher salt
- 3 tbsp olive oil
- 3 tbsp white balsamic vinegar
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 2 tbsp chopped fresh chives
- 2 tbsp chopped fresh tarragon
- 2 tbsp chopped fresh thyme
- Ground black pepper
- 2 fresh apricots, pitted and diced
- 1 cup blueberries

Plum, Hazelnut & Endive Salad creates a fine balance

Plums and roasted shallots provide a sweet contrast to the bitter greens in this hearty fresh salad.

Meanwhile, hazelnuts add crunch. You can toast the hazelnuts for 15 minutes while roasting the shallots.

This recipe serves four. COURTESY THE CANADIAN PRESS

1. Heat oven to 190 C (375 F) or heat barbecue to medium.

2. On a large piece of foil, pour 2 ml (1/2 tsp) of the oil onto 1 side. Place shallots in oil, cut side down. Lightly season with salt and pepper. Top with thyme stems; drizzle with 2 ml (1/2 tsp) of the oil. Seal to form packet. Roast in oven or on barbecue for 20 to 25 minutes or until tender. Let cool to room temperature. Discard thyme stems; chop shallots and reserve juice.

3. In bowl, combine shallots, reserved juice, pinch each salt and pepper, thyme and vinegar, mixing to dissolve salt. Stir in remaining oil.

4. In a large bowl, toss Belgian endive, radicchio, frisee, hazelnuts, plums and vinaigrette. THE CANADIAN PRESS/ DEVELOPED BY CHEF TAFIK SHEHATA FOR FOODLAND ONTARIO.

Ingredients

Dressing

- 50 ml (1/4 cup) olive oil, divided (approx)
- 2 large shallots, peeled and halved
- Kosher salt and freshly ground pepper
- 10 ml (2 tsp) chopped fresh thyme, stems reserved
- 30 ml (2 tbsp) apple cider vinegar

Salad

- 1 Belgian endive, sliced in rounds
- Half head radicchio, sliced in wide ribbons
- Half head frisee lettuce (dark green outer leaves removed)
- 125 ml (1/2 cup) hazelnuts, toasted
- 2 plums, pitted and cut into 8 slices

How to avoid the 7-day ramen diet

YOUR MONEY
Alison Griffiths
money@metronews.ca

"To eat or not eat, that is the question," emailed Jon Stonehauser, a sophomore at the University of Alberta. "Last year I was broke before Christmas. I'd like to make it to April this year without starving. Any thoughts?"

Jon, it's all about being proactive. Work through these eight steps and you should have enough for three squares until spring.

1. Budget:
There are many student budgets available, but I like the interactive calculator at the Financial Consumer Agency of Canada, fcac-acfc.gc.ca.

(Go to choose a life event then paying for post secondary education.)

2. One-time expenses:
Sequester money for tuition, books, etc. right off the top and don't include it in income below.

When funding arrives, deposit one-time expenses for each semester in a separate account or pay it out immediately.

The remainder will be used to pay regular monthly expenses and should be deposited in a savings account. If you are working, deposit wages in the same account.

3. Income:
Take what's left after separating number two's costs and divide by the months in school for your monthly income.

4. Needs:
Focus on the essentials first. Where you can't pick an exact figure, groceries, for example, estimate the cost on the budget spreadsheet.

Don't fill in discretionary expenses yet. Your goal is to figure out monthly essentials like food, transportation and rent.

5. Wants:
This category can easily blow up a student budget. Ballpark what you would like to spend on entertainment, clothing and take out. Be honest with yourself.

6. Juggle:
Chances are money out is greater than money in. If so, start cutting expenses or contemplate an income boost. Don't forget to add five per cent for emergencies.

7. Organize:
Once you have a monthly sum for regular expenses, set up a monthly transfer from savings to chequing to cover those costs.

8. App it:
There's no point in budgeting if you don't know where the money is going. MoneyWiz, CoinKeeper, Checkbook HD, Easy Envelope Budget Aid, iXpenseIt and Daily Expense Manager are all highly rated to keep track of your spending throughout the year.

It's not tough. It just takes a bit of time.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

How are you going to make it until April? Budget, that's how. ISTOCK IMAGES

Have you located a narcissist at your work? Kill them! (With kindness.) ISTOCK

Narcissists on the job: how to cope with those egomaniacs

At work. Author shares some tips on dealing with people with this personality disorder

JULIE KAYZERMAN
Metro World News

A narcissist's ability to make you feel good inside can draw you right into their world. Their magnetizing gaze can lock on you and make you feel important.

But the author of Freeing Yourself from the Narcissist in Your Life, Linda Martinez-Lewi, has offered ways to identify and deal with people with this fixed personality disorder in the workplace.

Take a step back
Although having the skills to identify a narcissist is important, it is imperative to be able to separate yourself from them at work in order to avoid being controlled. Martinez-Lewi says that if people don't, "they become a victim of narcissistic abuse."

"(Narcissists) project their unconscious impulses, feelings, thoughts, fears and rage onto the victim," says Martinez-Lewi. "They can be vindictive, they can get very angry." As a result, she adamantly calls on all victims to remember to make the mental and sometimes physical separation from the narcissist.

Protect yourself
Martinez-Lewi recommends taking good care of yourself by getting enough rest, eating healthy and exercising. However, your psychological state of mind is just as important.

"You (must) remain as separate and detached from them emotionally and as psychologically as you can," says Martinez-Lewi. Being rational and staying composed definitely will take practice, but if it avoids a volcanic confrontation, it's worth it.

"If something happens, you can point it out to them in a courteous way," says Martinez-Lewi. "You have to be very delicate. Don't confront them head-on, or they'll let you have it."

Kill 'em with kindness
"A narcissist can provide you with many opportunities, since their thinking is so grandiose," she says. "Use areas of your mind that you wouldn't have thought of otherwise."

Martinez-Lewi says to compliment narcissists in a very authentic way, but be wary of getting too comfortable with them.

"Enjoy their good qualities," recommends Martinez-Lewi, "but always remember that they have a fixed personality disorder that is not going to change."

Narcissist in your life?

Martinez-Lewi describes these people as "great method actors" because while they're deceitful and lack a conscience, "they're playing a part. And in a way they kind of believe it."

- **Huge ego.** "Many of them are very grandiose," says Martinez-Lewi. "They have this sense of themselves that's larger than life and better than anyone. They are perfect and superior."
- **Ruthless and cutthroat.** Although narcissists do tend to have an outstanding brilliance, Martinez-Lewi explains that they are also unable to have any kind of emotional intimacy. "They will step over anybody to get what they want," says Martinez-Lewi.

AT YOUR FINGERTIPS

ISTOCKPHOTO/THINKSTOCK

TECHNOLOGY ALLOWS STUDENTS TO CONTROL THEIR EDUCATION

Students heading to post-secondary institutions this fall can expect to use more technology in classrooms, take courses or find resources in online environments, and, generally, have more control over their own education, according to recent studies.

Arts, science and business administration remain the top three choices for high school students enrolling in universities. Yet, some provinces face skills gaps in such sectors as professional, scientific, technical, and financial industries, according to a Conference Board of Canada report.

Having a university degree can lead to as much as 20 per cent higher wages in some fields. Yet technological and demographic change, as well as a "mismatch" between the labour market and post-secondary education, may mean graduates don't have the skills they need for today's job market.

Business schools often respond quickly to these studies, says Don Cyr, Goodman School of Business dean at Brock University in Ontario.

"I think the trends are often driven by what employers are looking for, and there's always a lag," Cyr says.

One of the major skills required today is big data analysis, Cyr says, as well as the traditional demand for accounting, financing, and marketing specialists. Critical thinking, global awareness, and similar broad themes are in high demand, as well as strong oral and written communication, collaborative or teamwork skills, and leadership.

Students should also try to gain experience in project work and presenting, he adds. As well, Cyr believes on-the-job training through co-op studies programs and internships is important to show employers a range of work experience.

– Marie Powell

CONTRIBUTED

ACHIEVE CAREER GOALS WITH YELLOWQUILL

Yellowquill College is Manitoba's original First Nation post-secondary institution specializing in First Nation education and training.

New to Yellowquill this fall is the First Nation management and administration program.

"The purpose of this program is to better prepare First Nations individuals within the area of management and administration when dealing with the three levels of government in Canada — municipal, provincial and federal," says Lyle Plett, instructor, co-ordinator of the program.

"It will also promote a positive relationship with all levels of government."

This two-year diploma provides students with an understanding of the principles of accountability through transparency, disclosure and redress.

Students will complete this program with a solid understanding of program administration and management skills.

Applications are being accepted for the program, which begins Sept. 3.

Yellowquill College is respectful of Aboriginal culture founded on traditional First Nations teachings such as honesty, humility, truth, bravery and wisdom.

Students are provided with an exceptional education that helps them achieve their career and personal goals in a culturally sensitive learning environment.

For more, visit yellowquill.org.

DIALLED IN WITH HERZING COLLEGE

WAVEBREAK MEDIA/THINKSTOCK

Hit the airwaves with the radio and television broadcaster program at Herzing College this fall.

Whether you are looking be on camera, behind the mic at a radio station, or even behind the scenes, this program will give you the skills and knowledge to get ready to enter this exciting industry.

"We cover the material you need to know to work on air or behind the scenes," says Bev Edmondson, instructor for the radio and television broadcaster program.

"Most of our students want to work on air, however, there are others who want to be writers, producers, promotions coordinators, account executives, camera operators and editors."

Graduates work at virtually every radio and TV station in Winnipeg. Many are the people you have come to rely on for your information and entertainment: Phil Aubry from 92 CITI FM's Wheeler in the Morning with Philly and Rena; Vicki Shaye from the Power 97 Morning Show; JD Francis from the Energy 106 Drive Show; Jordan Knight of Virgin 103.1; and Terri Apostle, Winnipeg's spunkiest weather specialist, from CTV Morning Live.

This nine-month program will train students in media and video production, broadcast news writing and copywriting, broadcast sales, marketing and much more. The program also features a 100-hour practicum component.

With small class sizes, students get the one-on-one mentoring they need to fully develop a wide skill set.

The next intake of this program begins Sept. 23.

Herzing Winnipeg has been a leader in specialized career training in Winnipeg for more than four decades, and offers programs in the business, health-care, legal and technology fields.

Herzing graduates possess a high employment success rate and have helped the school gain their reputation in industry and with future students.

By working with employers, Herzing is able to develop a program menu where skilled professionals are needed.

Herzing also offers students convenient scheduling by offering day, part-day and evening classes to ensure students are able to reach their educational goals.

For more, visit herzing.ca/winnipeg, follow the school on Facebook at facebook.com/herzingwinnipeg, or Twitter at twitter.com/herzingwinnipeg.

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CHANGE BARRIERS INTO BRIDGES AT PATAL

Do you need a career direction when the kids go back to school? Are you highly motivated to bring change in your life direction?

Patal Vocational School is accepting applications for fall courses. Register before Sept. 6 and receive a student bonus card.

Patal's office administration and business accounting programs have recently been revised to reflect the required skills needed in an office environment.

Employers are looking to fill positions in the hospitality industry including customer service, office administration and accounting positions. By 2016, eight more hotels are scheduled to be build in Winnipeg, which creates employment that Patal's courses can accommodate.

Patal's class sizes and course flexibility meet the needs of students and their lifestyle.

To ensure a successful outcome for its students, Patal's support systems address barriers to employment and training that its students face.

Patal would like to thank its partners for volunteer, employment and work experience opportunities for its students, including Siloam Mission, Neechi Commons, Southeast Personal Care Home, Osborne House, and Arctic Co-operatives Ltd. These organizations are changing the demographics of Winnipeg's work force through their First People's inclusivity policies.

Patal is the starting point to make changes — its community partners can make a difference in student's lives and future generations by providing employment opportunities.

LET LIFE LONG LEARNING BE YOUR GUIDE

Life Long Learning's fall program offers courses to tempt all age groups and all interests.

Whether you are looking to spark your imagination through words, images or music, start a business, learn a new language, or even experiment with flavours in the kitchen, Life Long Learning has a course for you.

"We believe that no matter what stage in life you are, there is always something to learn," says Maureen Robertson, education consultant with MOREducation Consultants.

"Let Life Long Learning be your guide as you explore your curiosities, acquire new insights, expand your horizons and quench your thirst for knowledge."

These programs have been designed to inspire, motivate and educate those looking to learn a particular skill or craft. There are even a number of certificate programs available for those looking to upgrade skills.

"These programs might appeal to those looking for career opportunities," Robertson says.

Life Long Learning will also be offering a seasonal series for those who want to capture the spirit of favourite holidays and events. You can learn to make a spectacular floral arrangement to grace your fall and winter table or create a welcoming seasonal pot for your front door.

For a full list of its continuing education programing, visit lifelonglearning.wsd1.org.

ISTOCKPHOTO/THINKSTOCK

ENTER THE IT FIELD WITH ROBERTSON

Now is the time to start thinking about a new career in business and IT.

Robertson College offers a number of programs in these fields to get you job ready in less time than you would think.

"The job market in Manitoba is growing, with signs of even stronger growth over the coming months and years," says Brooke Barker, faculty head — business and IT, Robertson College. "Graduates of Robertson College programs have no difficulty transitioning into their new careers."

Barker says all of the business and IT programs continue to be popular, particularly medical office assistant, legal office assistant, and accounting specialist (payroll).

Other popular programs include Internet sales and marketing, veterinary office assistant, network engineer, and software developer.

All Robertson College programs include a period of work experience — some as long as eight weeks — where students get to put into practice what they have learned in their programs.

Barker says many of these work experience placements turn into full-time employment.

Any time is a good time to enrol in a program that will lead to an exciting new career and a better future, with programs having at least one start date for virtually all of the business and IT programs.

For more information about these programs, visit robertsoncollege.com.

CONTRIBUTED

JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

GET A COMPETITIVE ADVANTAGE WITH PACE

Get your career on path by learning how to help others with theirs.

The career development practitioner certificate program at the University of Winnipeg PACE is in partnership with Manitoba Entrepreneurship, Training and Trade, and trains students in the area of career counselling.

"There is nothing quite like this program in Manitoba," says Ashlie Wilson, program manager for the career development practitioner certificate. "To have this program behind you gives you a real competitive advantage."

Wilson says that although there are a number of individuals working as career counsellors, many lack the education that PACE is offering.

This two-year, part-time program involves a blended learning format where students complete course work both online and in the classroom.

Launched in 2011, the first set of graduates from this program will be ready to hit the workforce in October. Graduates can go on to work in a number of different fields, such as career counsellors, career practitioners, rehabilitation counsellors, work development officers, employment support workers, career coaches, and many more.

The next intake for this program is March 2014.

For more about this program at PACE, visit pace.uwinnipegcourses.ca.

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PACE.UWinnipeg.ca
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Call Ashlie at (204) 982-1179

A DESIRE TO HELP CHILDREN

CONTRIBUTED

CHILD AND YOUTH CARE DIPLOMA PROGRAM AT RED RIVER COLLEGE

A desire to become a better mother for her six children led one Winnipeg woman to seek out an education in child and youth care at Red River College.

Leilani Esteban completed the child and youth care diploma program in 2007, and found she not only knows how to better communicate with her own children, but has found a career working with at-risk youth in her community.

"As a mother, I wanted to know the best practices for being the best possible mom I could be," Esteban says. "This program has taught me perspective and given me the tools to talk to my children."

The program aims to educate child and youth care professionals to assist children, youth and their families to develop their strengths and skills in order to identify and resolve concerns that occur in their lives.

Esteban says she had always been passionate about working with at-risk youth and is now the program co-ordinator at Elmwood Communities That Care, and Together In Elmwood.

Since completing her education at Red River College, Esteban says she has been able to call on her former instructors whenever she needs assistance or advice.

"The teachers are amazing and they continue to support you," Esteban says. "To them, it is not just teaching, it is a relationship."

The Red River College child and youth care diploma program is a full-time, two-year program offered during the day.

Courses include topics such as interpersonal communication skills, self awareness, counselling skills, impact of maltreatment, special topics relevant to youth at risk, working with families, culture and diversity, intervention and case planning, working with groups, working with the community, ethics, and more.

Graduates are eligible for positions with a variety of agencies and organizations providing services for children, youth and families, family support, school programs, out-of-home alternate care facilities, mental health services, young offender programs, and a wide range of community-based programs.

For more information, visit rrc.ca.

RED RIVER COLLEGE

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MASSAGES AT AN AFFORDABLE COST

AT WELLINGTON COLLEGE STUDENT CLINIC

CONTRIBUTED

There can be a number of reasons why people don't utilize massage therapy as an effective form of relaxation or pain relief, but cost should not be one of them.

At the Wellington College student clinic, members of the public can make an appointment to receive a massage treatment from one of Wellington's students, at a fraction of the cost, in exchange for the practical hands-on learning of the training therapist.

"It is a good opportunity for people of the community to come in for a more affordable massage and a great opportunity for the community to support the students," says Randy Ellington, founder and principal of Wellington College.

Ellington says this clinic gives students a chance to be exposed to the real-clinic environment they will face once they have completed their education.

He adds it is important for students to not only learn the technical skills required, but learn to interact with and deal with different types of clients.

During the massages in the clinic, both a first-year and a second-year student will be present, with one performing the massage, while the other student assists with assessment and overseeing.

In the first year of study, students will gain a solid foundation in massage, with relaxation massage as the main focus.

In Year 2, they will build on this knowledge with the assessment and treatment of musculoskeletal dysfunctions.

Wellington College offers remedial massage therapy on a full-time basis, or basic remedial massage, and advanced remedial massage therapy, offered through distance learning.

The two-year full-time program offers students a chance to immerse themselves in their education.

By the end of the program, students will have completed 2,550 hours of training, exceeding the amount of hours required for entrance into most massage associations.

The student clinic is open from 5-9:30 p.m., Monday to Thursday. Therapeutic, relaxation, hot stone and aromatherapy massages are available.

Wellington College asks all clients to arrive about 15 minutes early for their appointments.

To make an appointment for a massage, call 204-957-2402.

For more information about Wellington College, visit wellingtoncollege.com.

Build a future with your hands.
Study Massage therapy.

WellingtonCollege.com
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info@wellingtoncollege.com | 204-957-2402

NEW CAREER A FOOD FOR THOUGHT

Let Winnipeg Technical College help you serve up a successful career in the restaurant and food services industry.

This highly competitive, risky and demanding industry is constantly pushing the boundaries and looking for the best in the business.

Through the restaurant and food services entrepreneurship diploma program, students will gain the skills, knowledge and competencies necessary to succeed in the food services industries, including owning and/or managing a restaurant.

"This program combines applied learning with theoretical knowledge, marks the beginning of a new era in secondary and post-secondary educational programming and creates incredible educational and employment pathways for our learners," says John Bobbette, president and CEO, Winnipeg Technical College. "No wrong choices and endless possibilities."

This program covers a wide range of instructional methods designed by experienced industry professionals will prepare students for the challenges of the industry.

CONTRIBUTED

Students will explore a number of topics that include culinary arts and design, food politics, management, human resources planning, marketing, legal issues in business, business communication, small business ownership, accounting, and financial management.

While two diploma programs already exist in Manitoba for tourism and hospitality, and restaurant management, the restaurant and food services entrepreneurship diploma program is the first to focus on entrepreneurship, business management and ownership within the restaurant and food services industry.

Students are required to develop a rigorous business plan in order to be considered for mentorship in the industry, which means they will graduate business-ready.

Co-op placements allow students to build relationships with industry business people while developing practical skills through hands-on, real-life training, while traditional classroom lectures and activities build reflective skills, critical thinking, team building and computer literacy.

Successful graduates will enter the workforce with dual credentials; more specifically, a diploma that combines WTC's culinary arts program with credits from UWinnipeg's faculty of business and economics.

This 18-month program includes a 120-hour work practicum, with a one-year mentorship option.

For more, visit wtc.mb.ca.

SPICE UP YOUR CAREER

Restaurant & Food Services Entrepreneurship Diploma Program

Winnipeg Technical College (WTC) and The University of Winnipeg (UWinnipeg) have joined forces to create a new full-time program that will equip entrepreneurs with the hands-on skills and business acumen necessary to start or manage their own restaurant or food service establishment.

wtc.mb.ca 204.989.6500

uwinnipeg.ca 204.786.9872

REGISTER NOW Program starts September 2013

WINNIPEG TECHNICAL COLLEGE

THE UNIVERSITY OF WINNIPEG

Scheifele shooting for 1-way trip to Jets roster

'Whatever it takes.'
First-rounder in 2011 feels his growth over the last year has been a 'stepping stone' in getting to destination

The pack of hockey players arrived at the small rink with a to-do list of goals.

Some came looking to get fit ahead of the new season, while others wanted to work out the kinks in their game.

Mark Scheifele stepped onto the ice hoping the extra effort leads him — now, not later — to the jersey he's been chasing for two years.

"My goal is to earn a spot on the Jets, and that's what I'm going to go to camp and do, and do whatever it takes to get that spot," he said Monday in Toronto.

The Winnipeg Jets prospect is among 49 players taking part in the BioSteel strength and conditioning camp being run by former NHL player Gary Roberts and former Toronto Maple Leafs trainer Matt Nichol.

The players, including stars such as Tampa Bay's Steven Stamkos and Montreal's P.K. Subban, take part in a mix of off-ice workouts, on-ice drills and finally a tournament over four days to get ready for the start of NHL training camps in September.

Scheifele is hoping the work leads to a permanent spot on the Jets roster.

The 20-year-old centre was drafted seventh overall by Winnipeg in 2011, but has played only 11 career NHL games before twice being sent back down to play for the Ontario Hockey League's Barrie Colts.

He took what he felt was a major step forward last season.

Scheifele led all skaters with 41 points during the playoffs en route to the Colts' Game 7 loss against the London Knights in the OHL final. He was also 13th in points overall during the regular season with 39 goals and 40 assists in just 45 games.

"I think this year's been a huge stepping stone for me," said Scheifele. "I think the year helped me out a lot and also this summer, I think I've had the best summer of my whole career.

"So I think I'm looking for big things in myself. I'm definitely pushing myself to get that spot." THE CANADIAN PRESS

Confidence gained

Mark Scheifele, a six-foot-two, 184-pound native of Kitchener, Ont., describes himself as a two-way centre willing to make plays and shoot when the moment is right. Put another way, he wants to be good at everything.

- "For the most part it's just I'm more confident with myself," he said. "I've matured physically, I think I've matured mentally as well. Confident with my game, confident with what I can do, I think that helps a lot when I get on the ice."

Mark Scheifele skates with the puck during a stint with the Jets on Jan. 19 at the MTS Centre. Scheifele is hoping to make the Jets roster out of training camp and stay there. MARIANNE HELM/GETTY IMAGES FILE

Max Hall got the nod as starting QB last week, but he may be back on the bench Saturday vs. the Riders. JOHN WOODS/THE CANADIAN PRESS FILE

Bellefeuille defers to Burke on QB decision

Marcel Bellefeuille will call the Blue Bombers' offensive plays but is letting Tim Burke decide who'll start at quarterback for the struggling franchise.

Bellefeuille met with reporters Monday, a day after being named offensive co-ordinator to replace the fired Gary Crowton. Inconsistent offensive play has plagued Winnipeg (1-6), which has dropped five straight, with Max Hall, Justin Goltz and veteran Buck Pierce all having taken turns under centre. Bellefeuille said Burke will ultimately decide who'll start Saturday when Winnipeg visits the Saskatchewan Roughriders (6-1).

"I've been a head coach in this league and the head coach makes that decision," Bellefeuille said. "We will sit down as an offensive staff, I'll meet with coach Burke, we'll make our recommendations to him and then the decision will be made.

"Whoever we decide to play, we'll put him in a position to make plays just like the rest of the players and we'll go with that person and I'll support that decision."

Burke said he won't waste any time making his decision.

"(The media) will know by (Tuesday) morning because whoever is out there with the first-team reps will be the starting quarterback this week," Burke said. THE CANADIAN PRESS

Their season's stats

- **Buck Pierce.** 66 of 108 passing for 854 yards with 2 TDs and 5 INTs.
- **Justin Goltz.** 19 of 35, 194, 2, 1.
- **Max Hall.** 18 of 30, 241, 1, 2.

Horoscopes

♈ Aries
March 21 - April 20
Forget what others expect of you and do something that makes you feel good. It doesn't have to be anything special — a walk in the sunshine could be all it takes to give you a new perspective on life.

♉ Taurus
April 21 - May 21
Decisions about financial matters should be put off to another day. There is really no point wasting time worrying about how to make ends meet. You know it will all work out.

♊ Gemini
May 22 - June 21
Go out of your way to co-operate with people today, even with those who have been less than co-operative with you in the past. What happened yesterday or the day before is of no concern.

♋ Cancer
June 22 - July 23
Mars remains in your birth sign only until Aug. 28, so you have just over a week to make use of its powers. You cannot do everything at once but you can do something at once — so start doing it now.

♌ Leo
July 24 - Aug. 23
You've been struggling against forces you cannot defeat. As the Sun comes to the end of its annual cycle through your chart, you will realize there is no point struggling anymore.

♍ Virgo
Aug. 24 - Sept. 23
Think ahead but don't make too many plans because the Sun's change of signs on Thursday could shake things up. Besides, good ideas should always have time to simmer.

♎ Libra
Sept. 24 - Oct. 23
Stop rushing around and take time to chat with people you meet. Everyone has a story and one in particular could be of significance. If you learn something new, don't be afraid to use it to your advantage.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun moves in your favour on Thursday but before then there is a full moon in a particularly sensitive area of your chart. That means you must either finish a task right now or give up on it.

♐ Sagittarius
Nov. 23 - Dec. 21
Be free with your opinions, even if not everyone is happy to hear them. You are entitled to your viewpoint. At least, unlike some people, you appear you have one.

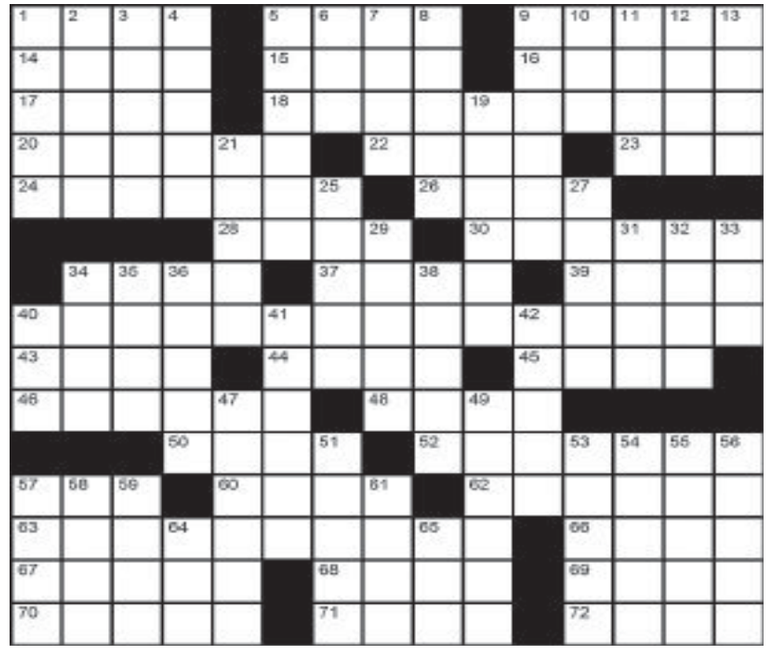
♑ Capricorn
Dec. 22 - Jan. 20
Be nice to people today, even people you can't stand the sight of. It doesn't take much to smile and, who knows, it may have a positive impact when next you meet. Stranger things have happened.

♒ Aquarius
Jan. 21 - Feb. 19
A loved one could say something hurtful today but you must not take it to heart. Either they are being too extreme or you are being too sensitive. Either way, blame it on the approaching full moon.

♓ Pisces
Feb. 20 - March 20
A grumpy person will make you listen to their complaints today. Smile sweetly and pretend you see their point and feel their pain. Then escape as quickly as you can. **SALLY BROMPTON**

Crossword: Canada Across and Down

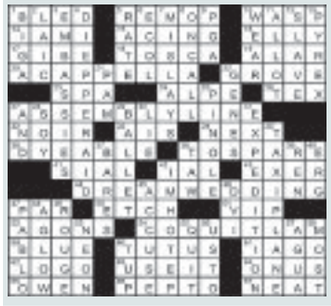
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. British raincoats, nicknamed
5. Woofs!
9. Like non-glossy makeup
14. Border on
15. May, in Lisbon
16. Boo-boo
17. Finale, in music
18. EPCOR CENTRE for the __ Arts, in Calgary
20. Cite as evidence
22. Tea type, __ Grey
23. Opera classic: "O Sole __"
24. Saskatchewan city southeast of Regina
26. Saloon slurp
28. Cat's cry!
30. Really tick off
34. Montreal-born singer of "Come to Me", France __
37. Kind of history
39. New York's Madison, et al.
40. "One Week" band from Scarborough, ON: 2 wds.
43. __ the Terrible
44. #43-Across, for one
45. 'Kind' suffix
46. Las Vegas hangout
48. Canadian figure skating great Mr. Browning
50. Convent denizens
52. Name of the MTV video music award
57. Crunched muscles, for short
60. Hoover Dam lake
62. Unspecified individual
63. __ House, Saskatchewan
66. Pond 'plant'
67. More right sounding
68. Ancient Roman's 2002
69. Retreat
70. Repetition mark, in music
71. Music's Ms. Murray
72. God of war in Greek mythology

Down
1. Parrot
2. Home
3. Blue Rodeo singer Jim
4. Baseball great Rusty
5. Unit of electric†current
6. Arctic explorer, John __
7. NBC's "Chicago __"
8. Couches
9. Arthurian wizard
10. Sleeve
11. Clip
12. Author Ms. Morrison
13. Consequently
19. Animal Farm author George
21. Curry powder ingredient
25. Secluded spots
27. Mark
29. Make mayhem, with Havoc
31. Car rental company
32. The Bee __
33. Curved letter
34. Second Cup serving, hip-style
35. Komodo dragons
36. Russian leader, b.1870-d.1924
38. Tight as _ __
40. Lighters brand
41. Somebody penitent
42. 19th-century composer Mr. Bruckner
47. __ uno!
49. Rock tour gig
51. Actress Ms. Hayek
53. Spiral-horned antelope
54. Tooth type
55. Actress Ms. Harmon
56. Approaches
57. Stars in movies
58. Hockey great, Pavel __
59. Self-satisfied
61. Curse
64. __ Folds Five
65. Author, Anais __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		1		3		5	
		2	9		8	7		
	9	5				8	6	
			2		6			
9								6
			3		4			
	1	7				5	2	
		4	8		2	3		
	8		7		5		1	

Yesterday's Sudoku

1	3	5	9	6	7	4	2	8
4	9	2	8	1	3	6	7	5
6	7	8	4	2	5	9	3	1
8	1	7	2	3	6	5	9	4
3	4	6	5	9	8	2	1	7
5	2	9	1	7	4	3	8	6
7	5	4	3	8	2	1	6	9
2	8	1	6	4	9	7	5	3
9	6	3	7	5	1	8	4	2

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 31° MIN: 16°	MAX: 26° MIN: 10°	MAX: 26° MIN: 16°

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